

CALIFORNIA STATE BOARD OF HEALTH

Weekly Bulletin



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GUY P. JONES
EDITOR

Keep Your Cold at Home.

The Philadelphia Forum, an organization working along the same lines as the San Francisco Commonwealth Club and the Los Angeles City Club, requests its members not to attend club meetings when they are suffering from colds, fever or sore throat. This request is printed on the reverse side of admission cards, together with an appeal to concede to the rights of others by observing this precaution against the spread of disease. It is said that complete observance has been secured with satisfactory results and that the measure meets with the approval of the members.

San Joaquin Falls in Line.

San Joaquin County is forging ahead in the organization of a full-time health department. The county board of supervisors and the officials of the incorporated towns of Lodi, Manteca, Stockton and Tracy are working together on the new plan. There is a strong probability that all of the incorporated and unincorporated territory in the county will be organized into one large health unit. The people of San Joaquin County and the officials who are working toward the establishment of a full-time health department are to be congratulated for taking this progressive stand, which is certain to be productive of better community health.

Rabid Coyotes Cause Damage.

In the House of Representatives recently, Representative Raker of California made the assertion that one

coyote afflicted with rabies can destroy, in one day, \$10,000 worth of property. In the State of California as many as 40 beef cattle have been bitten in one night, each of which animals is valued at \$110. The presence of rabies in any stock-raising district means tremendous losses in live stock. The presence of rabies in any community means that children are likely to be bitten by rabid dogs. A valuation can be placed upon an animal, but who can place a valuation upon the life of a child?

A Few Vital Facts.

47,380 people died in California last year.

72,000 children were born in California during 1921.

There were 46,972 marriages in California during the year 1921.

Of the 47,380 persons who died in California last year, 8,367 died of diseases of the circulatory system.

339 died of influenza.

5,427 died of tuberculosis.

3,216 died of pneumonia.

4,025 died of cancer.

3,602 died of Bright's disease and nephritis.

5,161 died of diseases of the nervous system.

1,003 children under 2 years of age died of diarrhea and enteritis.

323 persons over 2 years of age died of diarrhea and enteritis.

4,808 infants (under 1 year of age) died in 1921.

469 mothers died of puerperal diseases.

982 persons committed suicide.

(From incomplete vital statistics returns for 1921.)

DIAGNOSIS AND TREATMENT OF A COMMUNITY.

By HAVEN EMERSON, M.D., New York City.

The health officer is the family physician of the state, the county, the city or the village.

His patient is the entire population.

This super-physician is engaged in an endless campaign of study and action for development of health, the prevention of sickness, and the postponement of death. He must know his population with precision, not only the number of individuals, but their ages, races, and the occupations of all whom he is responsible for. He must know where they live and under what conditions they live. He is interested in their earnings, because when wages are steady and income good most preventable diseases decrease.

Habits of work and play, the customs and religions of his people, are of importance to him. As one person differs from another, villages, towns and cities have their characteristics as definitely marked. All facts that bear upon human life and happiness must be collected and recorded by the health officer by standard methods for each succeeding generation.

Thus is gathered the family history of this community patient.

What does this great family eat and drink? asks the health officer. Is the water safe and good to taste? Are the foods clean, wholesome, nourishing? In particular, is the milk free from pollution and kept cold, and clean, and covered?

So the inquiry of the health officer is similar to the questions the doctor asks when a patient in his office comes complaining of fever, pain or weakness.

Is there always fresh, sweet, clean air for these many noses of the community to breathe? Are houses, schools, shops, theaters, and trains always good places for mankind which requires such generous doses of fresh air, cool air, moving breezy air, to keep in health? Do the people keep their own bodies clean and see that the waste and sewage of houses and factories are disposed of decently and without damage to others? Making his inquiry still more precise, the health officer wants to know at once and at all times all cases of preventable sickness, especially the communicable and occupational diseases, and the infections of mothers and little babies.

Births, deaths and sicknesses are

like the temperature, pulse and respiration of a patient and disclose the state of community health. And what is the object of all this information?

In the first place the health officer needs information because he is the health engineer and educator of the people. It is as foolish to advise people against pneumonia in July, or malaria in January, as to tell a patient how to treat himself for rheumatism when he comes complaining of an earache.

Education of the public is the health officer's most important service, education in the laws of health and how to observe them. When he learns that the mothers of his county or city die because they have not known how to live in health while waiting for the baby's arrival, he must spread broadcast the promise of safety which comes from medical care of the expectant mother.

When he learns that many school children have crooked backs, weak eyes, decayed teeth, thin bodies and diseased tonsils, he must become a crusader in the homes of his community where the children are waiting for school age. When he finds from 2 to 5 per cent of working men and women sick all the time because they and their employers have not learned the necessity of cleanliness, good air, safe machinery, avoidance of fatigue in shops, he must carry his message and drive it home with regulations, if necessary.

Health can not be given the community by laws, moving pictures, offering advice, or fining those who fail to report disease. The patient, the community can be as healthy as it chooses, or as sick as it is willing to stand for. Only when the community fully understands the reasons for things will it take an active part in public health work. Public health is purchasable just as private health is, by personal effort, willingness to follow advice and the payment of a very small insurance premium.

It costs less to keep a baby alive than to bury it. It costs less to prevent disease than to care for it. A sick community is a poor community and a bad neighbor.

The health department of any state is the greatest insurance company and the cheapest in existence, but it can not run without payment of premiums and when in addition to money, the patient gives his earnest and intelligent personal cooperation, the deaths

and sickness will be reduced a quarter and the investment will be returned a hundred fold in dividends.

Dosing oneself with unknown drugs, with patent medicines, guessing at the cause when the baby has convulsions, are no more sensible than treating a community without making a diagnosis first and learning the true cause and extent of prevailing diseases, most of which are preventable.

Health is wealth; it is purchasable; within natural limitations any community can determine its own death rate.



Health Programs at San Diego.

In addition to the meeting of the Section on Public Health to be held Thursday morning, April 27, at the annual Conference of Social Workers in San Diego, joint sessions with the sections on family and child welfare, relief and education will be held on Wednesday and Friday mornings, April 26 and 28. It is hoped that a large number of public health workers will be able to attend the conference. The full programs for these three meetings are published herewith.

SECTION ON HEALTH. CALIFORNIA CONFERENCE OF SOCIAL WORK.

Civic Auditorium, April 25-28, 1922.
San Diego, California.

Chairman - - - Dr. Walter M. Dickie
Secretary, State Board of Health.

Joint Section on EDUCATION and HEALTH.

Wednesday, April 26, 9 a.m. to 12 m.

Chairmen:

Mrs. O. Shepard Barnum,
Dr. Walter M. Dickie.

Theme: "Education and Re-Education."

Presiding:

Mrs. Elizabeth McManus,
Director, Bureau of Social Hygiene, State Board of Health.

1. Constructive Factors in Health.
Dr. Herbert R. Stolz, State Supervisor of Physical Education.
2. Rehabilitation by Education.
(a) Disabled Veterans.
Major F. H. McKeon, Commandant, U. S. Public Health Hospital, Camp Kearny.
(b) The Industrially Handicapped.
Mr. H. D. Hicker, Assistant State Supervisor Rehabilitation.
3. Social Hygiene Education.
Dr. Edna F. Bailey, Director of Science, Oakland Public Schools.
4. Conservation of Health in the Los Angeles Public School System.
Mrs. Susan B. Dorsey, Superintendent, Los Angeles City Schools.
5. Child Health Education.
Mrs. John Collier, Child Health Organization of America.

Section on HEALTH.

Thursday, April 27, 9 a.m. to 12 m.

Chairman: Dr. Walter M. Dickie.

1. Mental Hygiene and Its Relation to the Health Problem.
Dr. V. H. Podstata, Assistant Professor of Psychiatry, University of California.
Discussion led by Elizabeth B. Skeele, Secretary, Associated Charities, Oakland, California.
2. Public Health and Its Relation to the Social Problems.
Dr. Emory S. Bogardus, Professor of Sociology, University of Southern California.
3. The Control of Communicable Diseases and Its Effect Upon the Social Problem.
Dr. William C. Hassler, Health Officer, City of San Francisco.
Discussion led by Dr. Alex M. Lesem, Health Officer for San Diego.
4. The Health Center and Its Relation to the Community.
Dr. Alvin Powell, Director, Alameda County Health Center.
5. The Relation of the County Hospital to the General Social Problem.
Rev. C. A. Ramm, President, State Board of Charities and Corrections.
6. Care of Hospital Convalescents.
Mr. Norman Martin, Superintendent of Charities and Hospital, Los Angeles County.

Joint Sections on FAMILY AND CHILD WELFARE, HEALTH AND RELIEF.

Friday, April 28, 9 a.m. to 12 m.

Chairmen:

Dr. Miriam Van Waters,
Dr. Walter M. Dickie,
Miss Katherine Felton.

1. Mental Hygiene in Solving Problems of Ex-Service Families.
Frances McCalughry, Psychiatric Field Worker, Letterman Government Hospital, San Francisco.
2. Childhood, the Golden Period of Mental Hygiene.
Dr. Ernest B. Hoag.
3. Child Hygiene in the Home.
Dr. A. J. Scott, Jr., Member, State Board of Health.
4. Dental Hygiene.
Miss Charlotte Greenwood, Bureau of Dental Hygiene, State Board of Health.
5. Social Aspects of Sterilization.
Dr. John R. Haynes, State Board of Charities and Corrections.



A Correction.

It was announced in the April 15th issue of this publication that blood for the new diphtheria immunity test devised by Dr. W. H. Kellogg, could be sent to the laboratory in tinfoil sheets such as were used several years ago for sending specimens for Widal tests. This information is in error. Specimens may be sent in the Widal outfits now in use, the blood to be collected in the small vial and forwarded in regular container. Regulation outfits for the new test will be ready soon.

MORBIDITY.

General health conditions throughout the state were much better last week than they have been for many preceding weeks. Nearly every reportable disease showed a decrease. With the beginning of warm weather there will be a continued decrease in the respiratory infections, and the usual increase in typhoid must be looked for.

Influenza.

Influenza is no longer epidemic within the state. There were but 134 cases reported last week.

Smallpox.

Forty cases of this disease occurred in California last week. Alameda County, Hayward and San Jose each reported 6 cases; Stanislaus and Santa Clara counties each reported 5 cases; 1 case was reported in each of the following places: Oakland, Sacramento, Livermore, Los Angeles, Richmond, Merced, Berkeley, Bakersfield and Fresno County. Stockton reported 3 cases.

Typhoid.

Four cases of typhoid were reported in Stockton last week and the same number of cases was reported in San Francisco. Willows, in Glenn County, reported 1 case.

Epidemic Encephalitis.

Three cases of epidemic encephalitis were reported in Los Angeles last week.

Poliomyelitis.

One case of poliomyelitis was reported in Pasadena last week.

LIST OF DISEASES REPORTABLE BY LAW.

ANTHRAX	MEASLES
BERI-BERI	MUMPS
BOTULISM	OPHTHALMIA NEONATORUM
CEREBROSPINAL MENINGITIS (Epidemic)	PARATYPHOID FEVER
CHICKENPOX	PELLAGRA
CHOLERA, ASIATIC	PLAGUE
DENGUE	PNEUMONIA
DIPHTHERIA	POLIOMYELITIS
DYSENTERY	RABIES
ENCEPHALITIS (Epidemic)	ROCKY MOUNTAIN SPOTTED (or Tick) FEVER
ERYSIPELAS	SCARLET FEVER
FLUKES	SMALLPOX
FOOD POISONING	SYPHILIS*
GERMAN MEASLES	TETANUS
GLANDERS	TRACHOMA
GONOCOCCUS INFECTION*	TUBERCULOSIS
HOOKWORM	TYPHOID FEVER
INFLUENZA	TYPHUS FEVER
LEPROSY	WHOOPING COUGH
MALARIA	YELLOW FEVER

*Reported by office number. Name and address not required.

QUARANTINABLE DISEASES.

CEREBROSPINAL MENINGITIS (Epidemic)	POLIOMYELITIS
CHOLERA, ASIATIC	SCARLET FEVER
DIPHTHERIA	SMALLPOX
ENCEPHALITIS (Epidemic)	TYPHOID FEVER
LEPROSY	TYPHUS FEVER
PLAGUE	YELLOW FEVER

COMMUNICABLE DISEASE REPORTS.

Disease	1922				1921			
	Week ending			Reports for week ending April 15 received by April 18	Week ending			Reports for week ending April 16 received by April 20
	Mar. 25	Apr. 1	Apr. 8		Mar. 26	Apr. 2	Apr. 9	
Anthrax.....	0	0	0	0	0	0	0	0
Cerebrospinal meningitis.....	1	2	2	0	4	5	3	8
Chickenpox.....	153	151	177	117	204	242	173	224
Diphtheria.....	163	161	129	126	130	166	131	131
Dysentery (bacillary).....	0	1	0	0	4	2	4	2
Epidemic encephalitis.....	1	4	0	3	5	5	2	4
Gonorrhoea.....	70	68	91	52	57	124	104	56
Hookworm.....	2	0	0	0	0	0	0	0
Influenza.....	1,529	854	310	134	168	134	79	105
Leprosy.....	2	1	0	0	0	0	0	0
Malaria.....	3	3	1	1	9	3	3	2
Measles.....	22	22	17	30	707	538	570	557
Mumps.....	71	56	62	67	312	202	224	222
Pneumonia.....	188	211	103	90	82	64	87	75
Poliomyelitis.....	1	2	0	1	0	1	2	0
Scarlet fever.....	142	101	123	89	115	107	110	115
Smallpox.....	38	44	43	40	101	118	126	103
Syphilis.....	102	113	100	80	46	105	122	41
Tuberculosis.....	206	288	110	145	156	182	193	149
Typhoid fever.....	8	7	16	9	28	20	12	7
Whooping cough.....	44	67	87	43	48	64	56	58